



MAKE A

Mindful Escape!

a mindfulness and creativity retreat

**MAY 5-10, 2024
MDUMBI BACKPACKERS
WILD COAST**



Retreat program

RETREAT ACTIVITIES WILL INCLUDE



Daily Interactive group therapy sessions

The magic of groups lies in sharing and connection. When we are held in a safe space, it allows us to freely express ourselves.

Through this we gravitate closer to who we truly are and recalibrate our compass. When we know where we are heading, what it FEELS like to be closest to our true self, we can more confidently navigate ourselves through life's storms and decisions.

In groups we grow through vulnerability. This can not happen in isolation - 'no man is an island!'. When we are provided a space to be vulnerable with others, we grow through the simple cathartic act of sharing, by learning from each other and through encouragement, we are not alone in our storm!



Daily Creativity & mindfulness sessions

This includes facilitated guided visualisation, relaxation therapy, mindful beach/forest walks, crafts and creativity sessions.

Learn about the science of mindfulness, how you can use emotional and sensory intelligence to regulate yourself within your environment and decrease anxiety.



Daily Free time to relax, reflect and explore

Relax! On the beach, in your room, in the forest, at the river.

Activities like kayaking and massages are also available.

Basically, you do you!

Retreat Venue

MDUMBI BACKPACKERS

Facilities

Mdumbi is a backpackers stunningly located in a rural Xhosa village on the wild coast just north of Coffee Bay. Walking distance from the beach with ocean views. You will have a private charming rustic cottage with communal bathrooms.

The Mdumbi restaurant will provide you with delicious home made lunches and meals all week long.

The Bean and Board coffee shop will keep the coffee, tea and kombucha coming!

GETTING THERE

By car

Take the Coffee Bay turn off on the N2 just outside Mthatha, follow the coffee bay road for 70kms, turn left on the gravel road. Keep following Mdumbi backpacker signs. Small cars can make it!

By plane

Closest airport is at Umthatha, two hours away. A shuttle can be arranged but car rental is also available.

Public transport

Book a bus to the Ultra city shell station in Mthatha, you can then arrange a shuttle from Coffee Shack or Mdumbi.

We will gladly assist and advise.



Your host

ABOUT PETRA

Petra is a wife and mom and has lived on the rural wild coast for five years. Growth is her thing. She believes that the struggles we face do not define us, however, how we respond to them does, and the key to change lies in that response. Petra has a masters in Occupational therapy and is trained in interactive group therapy. Mindfulness is center to the sensory world of occupational therapy. Practically experiencing the benefit of using mindfulness as a tool to improve emotional and sensory regulation and thereby decreasing anxiety makes her excited to share with others!

Package and pricing

WHAT DO I PAY AND WHAT DO I GET?

Cost is R7950 and included in your price is:

*Six nights of private accommodation,
five interactive group sessions,
five creativity sessions,
six evening meals,
five lunches,
five breakfasts with coffee,
five tea time treats,
unforgettable experience and final night celebration!*

Payment plans can be made!

Please chat to Petra if upfront payments are an issue.

Some admin

TERMS AND CONDITIONS

In the event that the retreat needs to be cancelled, we will refund in full.

In the event that you need to cancel we will:

refund 100% for more than 60 days notice

refund 50% for less than 60, more than 30 days notice

refund 0% for less than 30 days notice

Contact details

I HAVE MORE QUESTIONS!

Whatsapp Petra on 073 736 2954

or send her a mail on

mindfulescaperetreat@gmail.com

She would love to hear from you!

You can also follow her on the following platforms to learn more about who she is

Instagram: [petra_the_ot](#)

Tiktok: [@petra_the_ot](#)

Facebook: [Mindful Escape Retreat](#)

PHEW, THAT WAS A MOUTH FULL!

STOKED TO SEE YOU IN MAY!

